

SADIA, MPH, MSN, WHNP-BC

WOMEN'S HEALTH NURSE PRACTITIONER & HEALTH COMMUNICATIONS PROFESSIONAL



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Sadia is a women's health nurse practitioner with 10+ years of experience in health education and health communications and 3+ years' experience in pharmaceutical and virtual nursing care. She is a second-career nurse with extensive experience in reproductive and sexual health.

Sadia is passionate about women's health, Asian American health, and health disparities among women of color. She is available for consulting, writing, and speaking engagements. To collaborate with Sadia, please [email her](#) or connect with her on [LinkedIn](#).

WRITTEN WORKS

The Professional Foundation of Case Management Nursing	11/15/25
<i>Nursing CE Central: Continuing Education Course</i>	
A Comprehensive Review of Epidural Analgesia	11/5/25
<i>Nursing CE Central: Continuing Education Course</i>	
Forensic Nurse: Fundamentals of Documentation and Witness Training	10/30/25
<i>Nursing CE Central: Continuing Education Course</i>	
Nurse Informatics: Developing and Evaluating Systems Effectively	10/20/25
<i>Nursing CE Central: Continuing Education Course</i>	
Medication Use and Breastfeeding	10/20/25
<i>Nursing CE Central: Continuing Education Course</i>	
Neonatal Pharmacology Review	10/10/25
<i>Nursing CE Central: Continuing Education Course</i>	
Medication Management of Diabetes: Current Treatment and Medications	9/30/25
<i>Nursing CE Central: Continuing Education Course</i>	
Pharmacological Management of Congestive Heart Failure	9/10/25
<i>Nursing CE Central: Continuing Education Course</i>	
Understanding Immunotherapy	8/20/25
<i>Nursing CE Central: Continuing Education Course</i>	
A Comprehensive Guide to Autism in Pediatrics and Adults	8/10/25
<i>Nursing CE Central: Continuing Education Course</i>	
Conflict Management	8/4/25
<i>CEUFast: Continuing Education Course</i>	
Understanding Nurse Informatics and the Role You Play	7/25/25
<i>Nursing CE Central: Continuing Education Course</i>	
Pharmacological Management of Pain in Hospice	7/15/25
<i>Nursing CE Central: Continuing Education Course</i>	

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WRITTEN WORKS CONTINUED

<u>Decompressive Craniectomy and Craniotomy in Traumatic Brain Injury (TBI) Management</u>	6/30/25
<i>Nursing CE Central: Continuing Education Course</i>	
<u>Neck Surgery: Types, Risks, and Recovery</u>	6/10/25
<i>Nursing CE Central: Continuing Education Course</i>	
<u>Differential Diagnosis of Glaucoma and Cataracts</u>	5/30/25
<i>Nursing CE Central: Continuing Education Course</i>	
<u>Trends in Interventional Cardiology</u>	5/10/25
<i>Nursing CE Central: Continuing Education Course</i>	
<u>All About Extracorporeal Membrane Oxygenation (ECMO)</u>	4/30/25
<i>Nursing CE Central: Continuing Education Course</i>	
<u>Syphilis Management</u>	4/10/25
<i>Nursing CE Central: Continuing Education Course</i>	
<u>Prone Positioning in Acute Respiratory Distress Syndrome (ARDS)</u>	3/20/25
<i>Nursing CE Central: Continuing Education Course</i>	
<u>Complex Regional Pain Syndrome (CRPS)</u>	2/15/25
<i>Nursing CE Central: Continuing Education Course</i>	
<u>The Experience of a Nurse-Family Partnership</u>	1/14/25
<i>Nursing CE Central: Blog Post</i>	
<u>Caring for Pediatrics with Developmental Delays</u>	1/13/25
<i>Nursing CE Central: Continuing Education Course</i>	
<u>Pain Management for Complex Wounds</u>	1/3/25
<i>Nursing CE Central: Continuing Education Course</i>	
<u>Managing Drug-Induced Nephrotoxicity</u>	12/26/24
<i>Nursing CE Central: Continuing Education Course</i>	
<u>Diphenhydramine Use in ESRD</u>	12/20/24
<i>Nursing CE Central: Continuing Education Course</i>	
<u>Getting Long COVID Care When You Are Living with HIV</u>	12/19/24
<i>Long COVID Justice: Social Media Infographic, Blog Post, and Flyer</i>	
<u>Intravenous Immunoglobulin (IVIG) Therapy</u>	11/30/24
<i>Nursing CE Central: Continuing Education Course</i>	
<u>Family Planning and Contraceptive Methods</u>	11/20/24
<i>Nursing CE Central: Continuing Education Course</i>	
<u>Forensic Nursing: It's Not (Just) What You See on TV</u>	11/19/24
<i>Nursing CE Central: Blog Post</i>	

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WRITTEN WORKS CONTINUED

<u>Placenta Uses in Modern Medicine</u>	11/12/24
<i>Nursing CE Central: Continuing Education Course</i>	
<u>BiPAP and CPAP Overview</u>	11/6/24
<i>Nursing CE Central: Continuing Education Course</i>	
<u>Progressive Care Unit (PCU) Overview</u>	11/1/24
<i>Nursing CE Central: Continuing Education Course</i>	
<u>Sexual Function and Intimacy after Spinal Cord Injury (SCI)</u>	10/28/24
<i>Nursing CE Central: Continuing Education Course</i>	
<u>APRN Scope of Practice and Responsibilities</u>	10/21/24
<i>Nursing CE Central: Continuing Education Course</i>	
<u>Iowa Fluoroscopy Supervision</u>	9/29/24
<i>Nursing CE Central: Continuing Education Course</i>	
<u>APRN Fluoroscopy Supervision</u>	9/21/24
<i>Nursing CE Central: Continuing Education Course</i>	
<u>How Does COVID-19 Affect Reproductive Health?</u>	9/16/24
<i>Long COVID Justice: Social Media Infographic, Blog Post, and Flyer</i>	
<u>Do you Have What it Takes to be a Psychiatric Nurse Practitioner?</u>	8/30/24
<i>Nursing CE Central: Blog Post</i>	
<u>Nurse Midwife Career and Education Path</u>	7/1/24
<i>Nursing CE Central: Continuing Education Course</i>	
<u>Differential Diagnosis of Depression</u>	6/10/24
<i>Nursing CE Central: Continuing Education Course</i>	
<u>Family and Caregiver Education in TBI Recovery</u>	5/29/24
<i>Nursing CE Central: Continuing Education Course</i>	
<u>Fat Embolism Syndrome</u>	5/25/24
<i>Nursing CE Central: Continuing Education Course</i>	
<u>Management of Abnormal Uterine Bleeding</u>	4/25/24
<i>Nursing CE Central: Continuing Education Course</i>	
<u>Nursing Informatics: Leading Innovation</u>	4/15/24
<i>Nursing CE Central: Continuing Education Course</i>	
<u>Hypertension in Pregnancy</u>	4/5/24
<i>Nursing CE Central: Continuing Education Course</i>	
<u>Emergency Preparedness</u>	3/29/24
<i>Nursing CE Central: Continuing Education Course</i>	

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Cyber Awareness and Security <i>Nursing CE Central: Continuing Education Course</i>	3/18/24
Oral STI Medications <i>Nursing CE Central: Continuing Education Course</i>	3/1/24
Follow Up After Medication Abortion <i>The Reproductive Health Access Project: Insights</i>	2/27/24
Asthma Treatment and Monitoring <i>Nursing CE Central: Continuing Education Course</i>	2/18/24
Day in the Life of a Telehealth Nurse <i>Nursing CE Central: Blog Post</i>	2/24/24
SSRI Use in Major Depressive Disorder <i>Nursing CE Central: Continuing Education Course</i>	1/18/24
Women's Health: Uterine Fibroids <i>Nursing CE Central: Continuing Education Course</i>	1/15/24
Everything You've Wanted to Know About STI Testing <i>Next Avenue</i>	1/9/24
Reproductive Education for Teens: Bridging the Gap <i>Dr. G's Lab: Trauma-Informed Design</i>	11/23/23
Roles of Midwives and Doulas in Abortion Care <i>The Reproductive Health Access Project: Insights</i>	5/23/23
Cervical Health Awareness Month 2023 <i>Nursing CE Central: Blog Post</i>	3/22/23
Contraception for Patients with a Current or Prior History of Eating Disorders <i>The Reproductive Health Access Project: Contraceptive Pearl</i>	3/21/23
Privacy and Safety Considerations for Early Pregnancy Loss or Abortion <i>The Reproductive Health Access Project: Insights</i>	1/2/23
Human Trafficking Month <i>Nursing CE Central: Blog Post</i>	12/18/22
Midwives Documentary Discussion Guide <i>American Documentary: POV PBS</i>	12/12/22
Exploring the Causes and Symptoms of Pulmonary Embolism <i>Nursing CE Central: Blog Post</i>	12/6/22
World AIDS Day 2022 <i>Nursing CE Central: Blog Post</i>	11/28/22

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<u>Osteoporosis 101 – What You Need to Know</u>	11/4/22
<i>Nursing CE Central: Blog Post</i>	
<u>It's Epilepsy Awareness Month</u>	11/2/22
<i>Nursing CE Central: Blog Post</i>	
<u>Acute Kidney Injury 101</u>	10/14/22
<i>Nursing CE Central: Blog Post</i>	
<u>It's ADHD Awareness Month</u>	10/7/22
<i>Nursing CE Central: Blog Post</i>	
<u>Hepatitis A, B, and C Explained</u>	9/20/22
<i>Nursing CE Central: Blog Post</i>	
<u>Prostate Cancer Awareness Month 2022</u>	9/14/22
<i>Nursing CE Central: Blog Post</i>	
<u>October Is Domestic Violence Awareness Month</u>	9/8/22
<i>Nursing CE Central: Blog Post</i>	
<u>Nurse Practitioner Week Nov 13-19 2022</u>	9/8/22
<i>Nursing CE Central: Blog Post</i>	
<u>September Is Gynecological Cancer Awareness Month</u>	9/5/22
<i>Nursing CE Central: Blog Post</i>	
<u>PCOS Awareness Month 2022</u>	8/29/22
<i>Nursing CE Central: Blog Post</i>	
<u>Sexual Health Awareness Month 2022</u>	8/25/22
<i>Nursing CE Central: Blog Post</i>	
<u>Health Policy Nurse – Bridging the Gap Between Health Policy and Practice</u>	8/19/22
<i>Nursing CE Central: Blog Post</i>	
<u>Everything You Need to Know About Varicella</u>	8/16/22
<i>Nursing CE Central: Blog Post</i>	
<u>Transplant Nurse 101</u>	8/12/22
<i>Nursing CE Central: Blog Post</i>	
<u>Tetanus – What You Need to Know About This Bacterial Infection</u>	8/12/22
<i>Nursing CE Central: Blog Post</i>	
<u>Nurse Informaticist – The Future Is Now</u>	8/3/22
<i>Nursing CE Central: Blog Post</i>	
<u>August Is National Breastfeeding Month</u>	8/1/22
<i>Nursing CE Central: Blog Post</i>	

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<u>Legal Nurse Consulting – A Flourishing Field</u>	8/1/22
<i>Nursing CE Central: Blog Post</i>	
<u>Mother Baby Nurse – Are You Up for the Challenge?</u>	7/28/22
<i>Nursing CE Central: Blog Post</i>	
<u>Clinical Nurse Specialists: A Notable Profession</u>	7/25/22
<i>Nursing CE Central: Blog Post</i>	
<u>Endometriosis Awareness</u>	7/21/22
<i>Nursing CE Central: Blog Post</i>	
<u>Adult Gerontology Nurse Practitioner: A Brimming Profession</u>	7/15/22
<i>Nursing CE Central: Blog Post</i>	
<u>July Is Fibroid Awareness Month</u>	7/13/22
<i>Nursing CE Central: Blog Post</i>	
<u>Certified Registered Nurse Anesthesiologist (CRNA): Explore This Profession</u>	7/8/22
<i>Nursing CE Central: Blog Post</i>	
<u>Psychiatric/Mental Health Nurse Practitioners</u>	6/28/22
<i>Nursing CE Central: Blog Post</i>	
<u>June Is Men's Health Month</u>	6/23/22
<i>Nursing CE Central: Blog Post</i>	
<u>Certified Nurse Midwives: A Career Overview</u>	6/16/22
<i>Nursing CE Central: Blog Post</i>	
<u>Pediatric Nurse Practitioners: The Scoop on Who's Caring for Our Youth</u>	6/12/22
<i>Nursing CE Central: Blog Post</i>	
<u>Essential LGBT and Inclusive Sex Education</u>	6/10/22
<i>LaLa's Bedtime Tales: Blog Post</i>	
<u>Women's Health Nurse Practitioners</u>	6/3/22
<i>Nursing CE Central: Blog Post</i>	
<u>LGBTQ Cultural Competency – Providing Inclusive Care</u>	5/27/22
<i>Nursing CE Central: Blog Post</i>	
<u>Oral Sex Affects Oral Health</u>	4/25/22
<i>LaLa's Bedtime Tales: Blog Post</i>	
<u>Living in Chronic Pain: Endometriosis Awareness</u>	3/14/22
<i>LaLa's Bedtime Tales: Blog Post</i>	
<u>The Small, Yet Mighty Cervix: Cervical Health 101</u>	1/17/22
<i>LaLa's Bedtime Tales: Blog Post</i>	

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[HIV/AIDS Awareness: Top Questions about HIV Answered](#) 12/1/21
LaLa's Bedtime Tales: Blog Post

[Sex Toy Safety 101: Sexy Fun for Everyone!](#) 11/4/21
LaLa's Bedtime Tales: Blog Post

EDITING/REVIEWING EXPERIENCE

[The Ultimate Birth and Postpartum Guidebook, First Edition Review](#) 11/12/24
ShiShi Rose

[NCLEX Review Questions](#) 7/12/24
Nursing CE Central: Sloan NCLEX Prep

[Middle School Sex Ed: STI Transmission and Prevention](#) 1/12/23
The Sex Ed Initiative

[Our Whole Lives, Grades K-1](#) 6/28/19
Unitarian Universalist Association

[The Consent Guidebook](#) 2/28/18
The Consent Guidebook: A Practical Approach to Consensual, Respectful, & Enthusiastic Interactions

PRESENTATIONS

BDSM Pleasure and Kink Safety 3/5/2025
SheBop Education: Virtual (Miami, FL)

STI Health Disparities in the LGBTQIA+ Community 9/18/2024
Sex Coach U: Virtual (Miami, FL)

BDSM and Kink Safety During Pregnancy and Postpartum 6/30/2024
EXXXotica Miami: Miami Airport Convention Center (Miami, FL)

Asian Americans and Reproductive Justice: From Home to Here 4/30/2024
SLAM 2024: Virtual (Miami, FL)

Pregnancy and Sexuality 4/15/2024
Institute for Sexuality Education and Enlightenment (ISEE): Virtual (Miami, FL)

STI Health Disparities in the LGBTQIA+ Community 12/2/2023
Medical Studies for Choice (MSFC): Virtual (Miami, FL)

BDSM and Kink Safety During Pregnancy and Postpartum 10/11/2023
The Sexual Health School: Virtual (Miami, FL)

BDSM and Kink Safety During Pregnancy and Postpartum 9/12/2023
Institute for Sexuality Education and Enlightenment (ISEE): Virtual (Miami, FL)

STI Health Disparities in the LGBTQIA+ Community 8/30/2023
SLAM 2023: Virtual (Miami, FL)

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BDSM and Kink Safety During Pregnancy and Postpartum <i>Kink in Between the Lines (KtBL 2023): Virtual (Miami, FL)</i>	7/16/2023
BDSM and Kink Safety During Pregnancy and Postpartum <i>Sex on the Beach: WEAM Art Museum (Miami, FL)</i>	7/8/2023
Pregnancy and Sex 101 <i>Modern Sex Therapy Institutes (MSTI): Virtual (Miami, FL)</i>	6/8/2023
LGBTQ+ Inclusivity and Cultural Competence <i>Modern Sex Therapy Institutes (MSTI): Virtual (Miami, FL)</i>	6/8/2023
Understanding and Working with the Asian American Community <i>Modern Sex Therapy Institutes (MSTI): Virtual (Miami, FL)</i>	4/27/2023
What You Need to Know About Pregnancy and Sex <i>2022 National Sex Ed Conference (NSEC): Virtual (Miami, FL)</i>	12/14/2022
Race and Kink with Nurse Sadia <i>Race and Kink BIPOC Speaker Series: Virtual (Miami, FL)</i>	11/29/2022
Asian Americans and Reproductive Justice <i>Reproductive Health Access Project (RHAP): Virtual (Miami, FL)</i>	11/1/2022
Public Health Communication and Health Literacy <i>United States Conference on HIV/AIDS (USCHA) 2022: San Juan, Puerto Rico</i>	10/9/2022
Introduction to HIV Epidemiology and Federal Initiatives/Programs <i>United States Conference on HIV/AIDS (USCHA) 2022: San Juan, Puerto Rico</i>	10/8/2022
STI Health Disparities in the LGBTQIA+ Community <i>Sex Ed Lecture Series: Virtual (Miami, FL)</i>	8/17/2022
What You Need to Know about Sex During Pregnancy <i>Institute for Sexuality Education and Enlightenment (ISEE): Virtual (Miami, FL)</i>	7/3/2022
Asian Americans and Reproductive Justice <i>Reproductive Health Access Project (RHAP): Virtual (Miami, FL)</i>	6/15/2022
STI Health Disparities in the LGBTQIA+ Community <i>Inova Juniper Program: Virtual (Miami, FL)</i>	4/20/2022
Sexually Transmitted Infections (STIs): Symptoms, Prevention Strategies, and Ethical Responsibilities <i>The Sexual Health School: Virtual (Miami, FL)</i>	11/20/2021
What You Need to Know about Sex During Pregnancy <i>The Sexual Health School: Virtual (Miami, FL)</i>	11/20/2021

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Muslim Sex Ed: Approaching the Practices of Sex Therapy and Sex Education with North American Muslim People	8/17/2020
<i>Institute for Sexuality Education and Enlightenment (ISEE): Virtual (Miami, FL)</i>	
Providing Sexual and Reproductive Health Care to Muslim Patients	10/27/2018
<i>Nurses for Sexual and Reproductive Health (NSRH) 2018 Conference: Westin Hotel, Atlanta, GA</i>	
Muslims and Reproductive Justice: Empowering Our Community Through Dismantling Stereotypes	4/14/2018
<i>Civil Liberties and Public Policy (CLPP) 2018 Conference: Hampshire College, Amherst, MA</i>	
Holding Space: Reproductive Justice and Muslim Women & Girls	11/8/2017
<i>National Asian Pacific American Women's Forum Office: Atlanta, GA</i>	
Muslims and Reproductive Justice: Empowering Our Community Through Dismantling Stereotypes	10/6/2017
<i>SisterSong's Let's Talk About Sex! (LTAS) 2017 Conference: Hyatt Regency Hotel, New Orleans, LA</i>	
Muslims and Reproductive Justice: Empowering Our Community Through Dismantling Stereotypes	4/8/2017
<i>Civil Liberties and Public Policy (CLPP) 2017 Conference: Hampshire College, Amherst, MA (virtual)</i>	
Asians and Sex: How Policies and Media Affect Sexual Health Stereotypes	10/13/2016
<i>Sex Down South (SDS) 2016: Hilton Atlanta, Atlanta, GA</i>	
From Home to Here: Asian Americans in Reproductive Justice	9/16/2016
<i>Advocates for Youth Urban Retreat 2016: Washington Court Hotel, Washington, DC</i>	
Model Minority Mutiny: Building AAPI Feminist Community for Action	4/10/2016
<i>Civil Liberties and Public Policy (CLPP) 2016 Conference: Hampshire College, Amherst, MA</i>	
Breaking It Down: Identifying and Smashing Barriers to Youth Sexual Health Care	4/9/2016
<i>Civil Liberties and Public Policy (CLPP) 2016 Conference: Hampshire College, Amherst, MA</i>	
Where the Desis At?: Navigating South Asian identities in Asian Spaces	3/26/2016
<i>Pan-Asian Experience (APEX) Summit 2016: Emory University, Atlanta, GA</i>	
Islamic Women's Health for Young Girls	3/20/2016
<i>Gwinnett Islamic Circle: Suwanee, GA</i>	
From Home to Here: Asians in Reproductive Justice	3/19/2016
<i>South East Regional Conference for Asian American Leaders (SERCAAL) 2016 Conference: Georgia Institute of Technology, Atlanta, GA</i>	
Where the Desis At?: Navigating South Asian identities in Asian Spaces	2/27/2016
<i>East Coast Asian American Student Union (ECAASU) 2016 Conference: Rutgers University, New Brunswick, NJ</i>	

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From Home to Here: Asian Americans in Reproductive Justice <i>Civil Liberties and Public Policy's New Leadership Networking Initiative (CLPP's NLNI) Fall 2015: The W Hotel, Ft. Lauderdale, FL</i>	12/9/2015
From Home to Here: Asian Americans in Reproductive Justice <i>Tulane University, New Orleans, LA (virtual)</i>	11/11/2015
Graduate School Prep Webinar <i>Gates Millennium Scholarship Program, Washington, DC (virtual)</i>	10/21/2015
Gates Millennium Scholarship Presentation <i>El Centro, Durham, NC (virtual)</i>	10/15/2015
From Home to Here: Asian Americans in Reproductive Justice <i>Advocates for Youth Urban Retreat 2015: Washington Court Hotel, Washington, DC</i>	9/18/2015
Migrant Herstories: Explaining Immigration Stories of South Asian Women <i>East Coast Solidarity Summer (ECSS) 2015: Rutgers University, New Brunswick, NJ</i>	7/24/2015
Breaking It Down: Identifying and Smashing Barriers to Youth Sexual Health Care <i>Civil Liberties and Public Policy (CLPP) 2015 Conference: Hampshire College, Amherst, MA</i>	4/11/2015
Where the Desis At?: Navigating South Asian identities in Asian Spaces <i>East Coast Asian American Student Union (ECAASU) 2015 Conference: Harvard University, Cambridge, MA</i>	2/21/2015
Decentering White Feminism in Decolonizing Sex Positivity: How to Better Reach Communities of Color <i>Seventh Annual Careers in Sexuality Conference: Multicultural Competences: Widener University, Chester, PA</i>	10/24/2014
Challenges First Semester: Focus on Low-Income Students of Color <i>Gates Millennium Scholarship Virginia Leadership Conference (GMS VALC) 2014: Marriott Westfields Washington Dulles Hotel, Chantilly, VA</i>	9/27/2014
From Home to Here: Asian Americans in Reproductive Justice <i>Advocates for Youth Urban Retreat 2014: Washington Court Hotel, Washington, DC</i>	9/13/2014
Patriarchy and Sexism <i>East Coast Solidarity Summer (ECSS) 2014: Ya-Ya Network, New York City, NY</i>	8/9/2014
Queer and Trans Liberation <i>East Coast Solidarity Summer (ECSS) 2014: Ya-Ya Network, New York City, NY</i>	8/9/2014
Reproductive Imperialism: What Now? <i>Asian Pacific American Conference (APAC) 2014: State University of New York: Albany, Albany, NY</i>	4/11/2014
Getting It On Safe(r): Safer Sex in Asian America <i>East Coast Asian American Student Union (ECAASU) 2014 Conference: George Washington University, Washington, DC</i>	2/22/2014

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Building Healthy Relationships in Communities of Color <i>UNITE Harvard!: Harvard University, Cambridge, MA</i>	1/20/2014
Building Healthy Relationships in Communities of Color <i>New England Women's Center Conference (NEWCC): Boston University, Boston, MA</i>	11/15/2013
Health Inequalities and Oppression in Communities of Color <i>Hispanic Black Gay Coalition (HGBC) LGBTQ Youth Empowerment Conference 2013: Harvard University, Cambridge, MA</i>	10/12/2013
Gates Millennium Scholarship Presentation <i>Muslim Students Association: Massachusetts Institute of Technology, Cambridge, MA</i>	10/6/2013

PANELS

Engaging Religious Communities in the Fight for Justice <i>Civil Liberties and Public Policy (CLPP) 2018 Conference: Hampshire College, Amherst, MA</i>	4/14/2018
College Success Strategies for Parents <i>Asian Pacific Islander American Scholarship Fund (APIASF) Jump Start College Tour: Georgia State University, Atlanta, GA</i>	11/18/2017
Reconciling Religion & Reproductive Justice <i>Take Root Seventh Annual Conference: University of Oklahoma, Norman, OK</i>	2/25/2017
Sexologists of Color: A Panel of Observations and Experiences <i>Sevilth Annual Careers in Sexuality Conference: Multicultural Competences: Widener University, Chester, PA</i>	10/24/2014

FELLOWSHIPS

Gates Millennium Scholarship Fellowship	4/2011
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